



FEMALE GROOMING STANDARDS

- ❑ Redefined authorized female hairstyles based on 3 categories of hair length
- ❑ Added hairstyle figures
- ❑ Clarifies standards for braids, cornrows, hair extensions, & wigs
- ❑ Clarifies unauthorized hairstyles (dreadlocks & twists)
- ❑ Added pony tail as authorized hair style during physical training





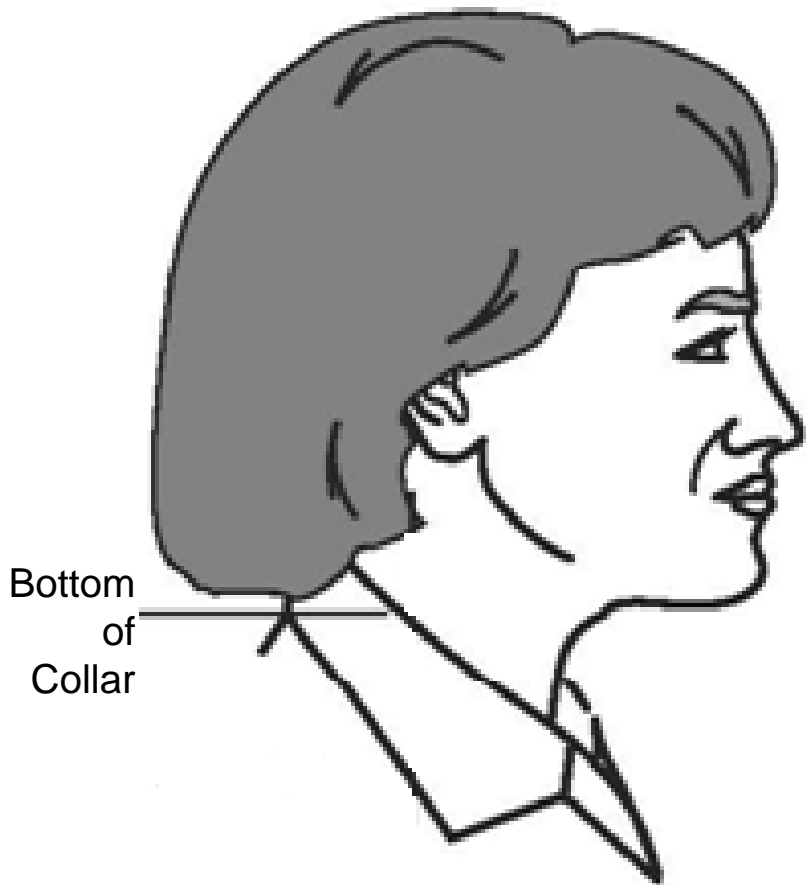
FEMALE SHORT HAIR LENGTH



- ❑ Defined as hair length that extends no more than 1" from scalp (excluding bangs)
- ❑ Hair may be no short than $\frac{1}{4}$ " from scalp, but may be evenly tapered to the scalp within 2" from the hair line edges
- ❑ Bangs may not fall below the eyebrows & may extend to the hairline at the temple



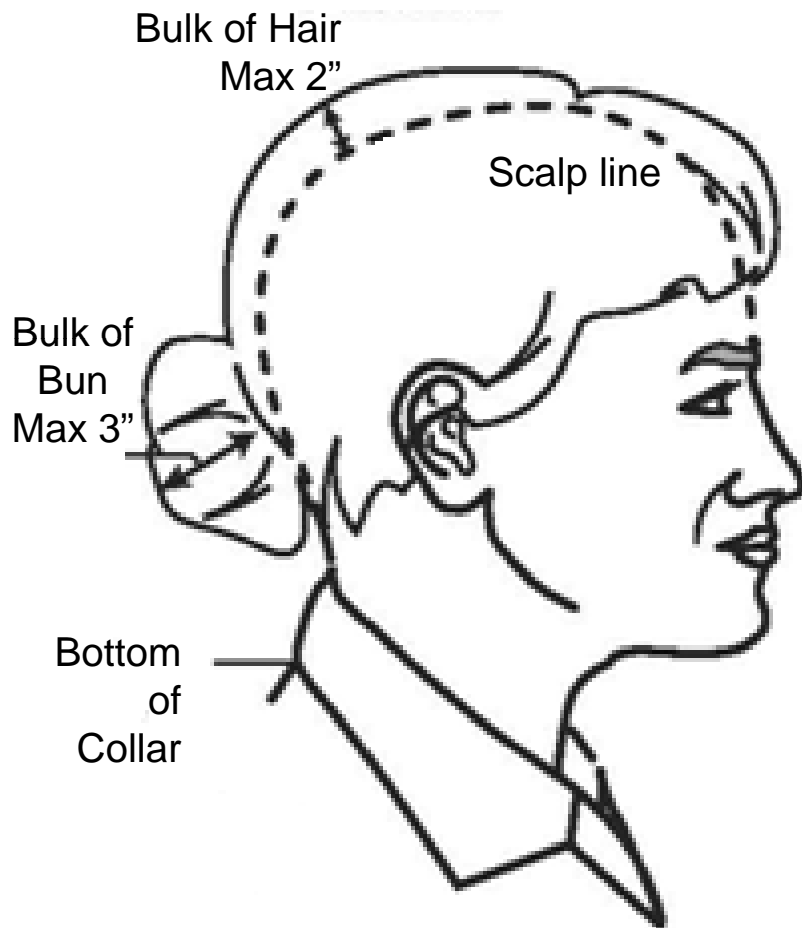
FEMALE MEDIUM HAIR LENGTH



- ❑ Defined as hair length that extends more than 1" from scalp (excluding bangs) and does not extend beyond the lower edge of the collar
- ❑ Hair may be worn loosely
- ❑ Graduated hairstyles are authorized provided the length has no more than 1" difference from front to back
- ❑ Layered hairstyles are authorized provided each hair's length is generally the same length
- ❑ Bulk of hair (measured from the scalp) will not exceed 2"



FEMALE LONG HAIR LENGTH



- ❑ Defined as hair length that extends beyond the lower edge of the collar
- ❑ Hair must be neatly and inconspicuously fastened or pinned
- ❑ Bangs are authorized
- ❑ Bulk of hair (measured from the scalp) will not exceed 2" (except a bun, which may extend a maximum of 3 inches from the scalp) and be no wider than the width of the head.



FEMALE UNAUTHORIZED HAIRSTYLES



- More than 1" difference in length from front to back



- Bangs fall below eyebrows



- Scrunchie color is not similar to hair color



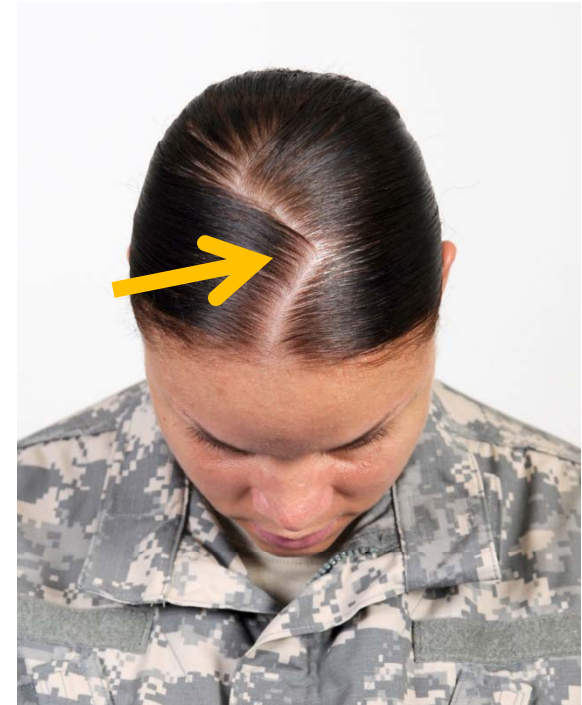
FEMALE UNAUTHORIZED HAIRSTYLES



- ❑ Hair not properly secured



- ❑ Unbalanced or lopsided hairstyle



- ❑ Part is not one straight line

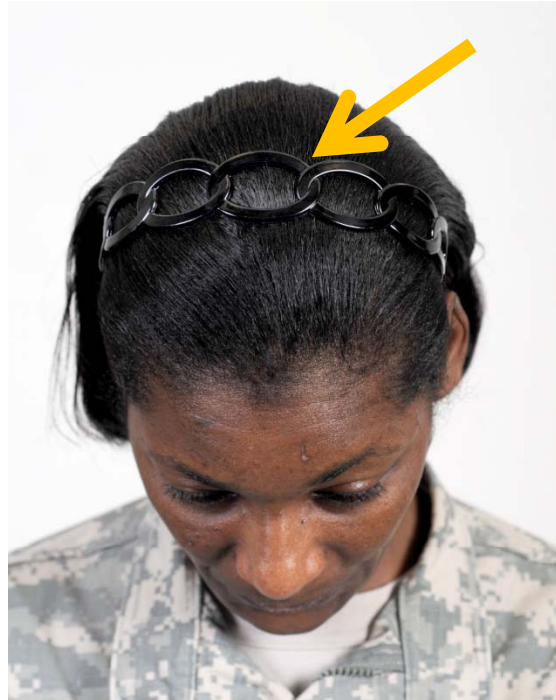


FEMALE UNAUTHORIZED HAIRSTYLES

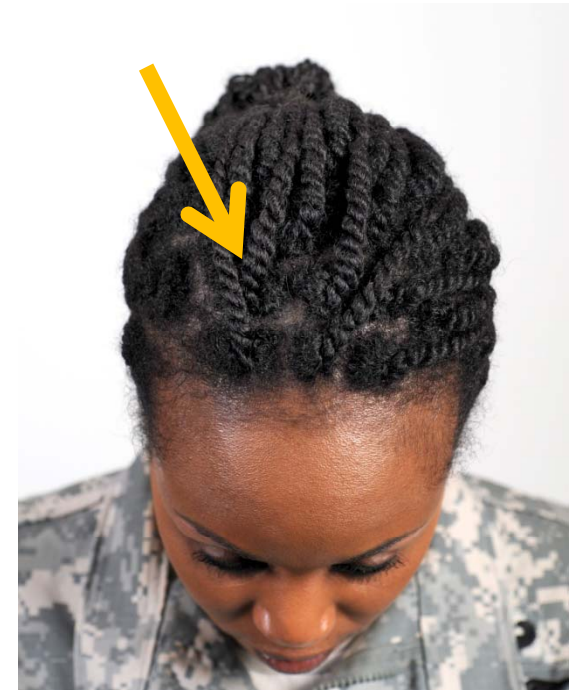
3 Braids



- ❑ Multiple braiding (more than 2 braids) must be small (~1/4") in diameter



- ❑ Headband is not plain



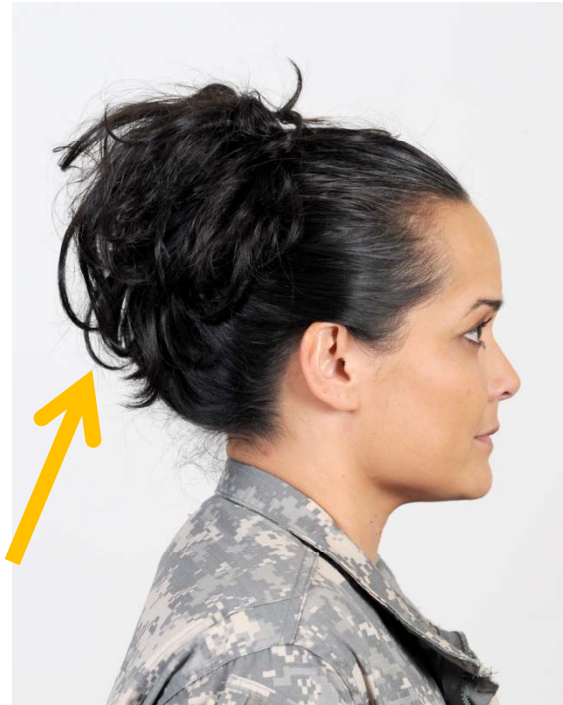
- ❑ Twists are not authorized



FEMALE UNAUTHORIZED HAIRSTYLES



- ❑ Unauthorized device (claw clip)



- ❑ Loose, unsecured hair



- ❑ Bulk of hair exceeds more than 2" from scalp



FEMALE BRAIDS



- ❑ Multiple braiding (more than 2 braids) is authorized.
 - ❑ Must be of uniform dimension, small in diameter (approximately 1/4"), show no more than 1/8" of scalp between the braids
 - ❑ Must be tightly interwoven to present a neat, professional, well-groomed appearance
 - ❑ Foreign material (beads or decorative items) will not be braided into the hair
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- ❑ Can be worn loose per medium hair length guidelines or secured to the head in the same manner as described for medium or long length hair styles
 - ❑ Ends must be secured only with inconspicuous rubber bands
 - ❑ Multiple braids must encompass the whole head
 - ❑ When braids are not worn loosely, but braided close to the scalp, the braids must start at the front of the head





FEMALE TWISTS & DREADLOCKS

- Twists
 - Defined as twisting two distinct strands of hair around one another to create a twisted rope-like appearance
 - Although some twists may be temporary (can be easily untwisted), they are unauthorized
 - This includes twists formed against the scalp or worn in a free-hanging style
- Dreadlocks
 - Defined as any matted or locked coils or ropes of hair (or extensions)
 - Any style of dreadlock (against the scalp or free-hanging) are not authorized
 - Any unkempt or matted braids or cornrows are considered dreadlocks and are not authorized





FEMALE CORNROWS

- ❑ Defined as hair rolled (not twisted using two strands) or braided closely to the scalp producing a continuous, raised row of hair
- ❑ Cornrows must be of uniform dimension, small in diameter (approximately 1/4 inch), show no more than 1/8 inch of scalp between the cornrows
- ❑ Must be tightly rolled or braided to present a neat, professional, well-groomed appearance
- ❑ Cornrows must start at the front of the head and continue in one direction in a straight line and end at a consistent location of the head
- ❑ Only one cornrow style (braided or rolled) may be worn at one time





EXTENSIONS & WIGS

- ❑ Hair extensions are authorized. Extensions must have the same general appearance as the individual's natural hair and otherwise conform to AR 670-1.
- ❑ Wigs must look natural and conform to hair guidelines in AR 670-1.





PHYSICAL TRAINING



- ❑ **Physical training.** Long length hair may be worn in a pony tail during physical training. A single pony tail centered on the back of the head is authorized in PT uniform, except when considered a safety hazard. The pony tail is not required to be worn above the collar.

- ❑ **Physical training in utility uniforms.** Pony tails are authorized while conducting PT in utility uniforms. However, if the helmet is worn during physical training, hair must be secured using normal guidelines set forth in AR 670-1.

